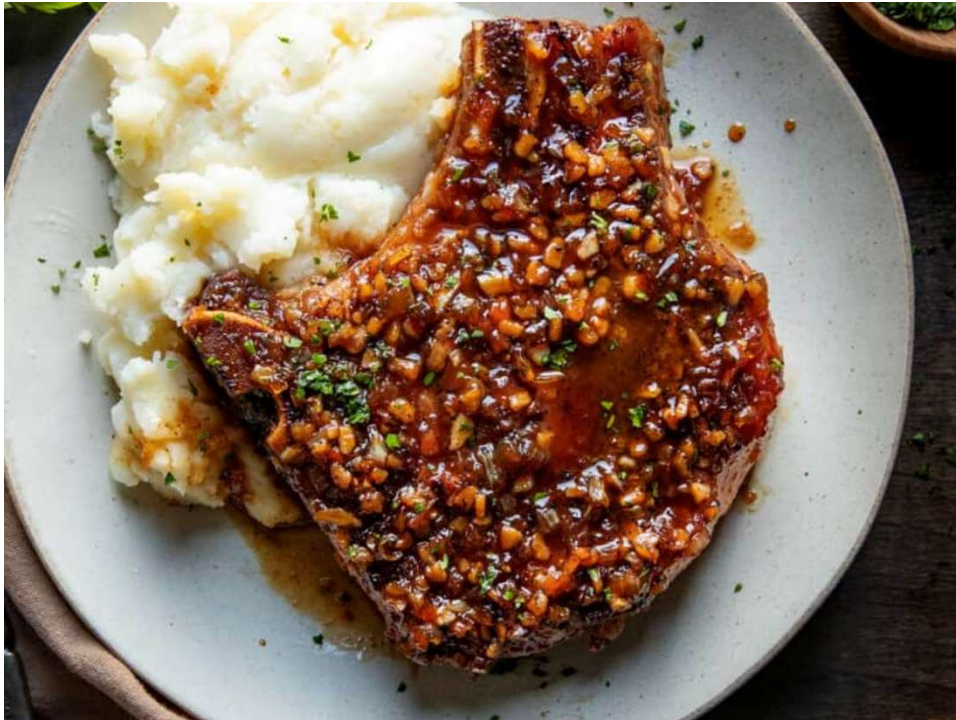


Citrus Butter Pork Chops



Ingredients

4 bone-in pork chops	3 cloves garlic, finely chopped
Salt and freshly ground black pepper	1/3 cup honey
2 oranges, halved	1/2 tbsp Worcestershire sauce
1 tbsp olive oil	1 tbsp cornflour
4 tbsp butter	1 tbsp fresh parsley, finely chopped
1/2 brown onion, very finely chopped	

Directions

Step 1 – Remove the rind from the pork chops, along with half of the thick layer of fat across the top, scoring the remaining fat with a sharp knife. Season the pork chops on both sides with salt and pepper and allow to come to room temperature.

Step 2 – Begin the sauce by heating the olive oil and half the butter in a medium saucepan. Add the onion and sauté over medium heat until softened, then add the garlic and cook for 2 minutes. Add the honey and Worcestershire sauce, stir to combine then remove from the heat and set aside.

Step 3 – Heat the BBQ to medium heat (180 - 200°C), ensuring the grills are clean. Once the BBQ is hot, add the pork chops and the orange halves, cut side down. Cook the oranges for around 5 minutes until warmed through and caramelised, then remove from the BBQ. Cook the pork for 5 minutes each side then remove from the BBQ, cover tightly with foil and allow to rest.

Step 4 – While the pork chops are resting, squeeze the oranges and add the juice to the saucepan. Mix the cornflour with a little water to make a slurry and add to the sauce. Bring back to a simmer, stirring regularly until the sauce thickens. Add the remaining butter and the chopped parsley, stir until the butter has melted then serve with the chops.

